



“DO YOU WANT TO BE MADE WELL?” – JOHN 5:6

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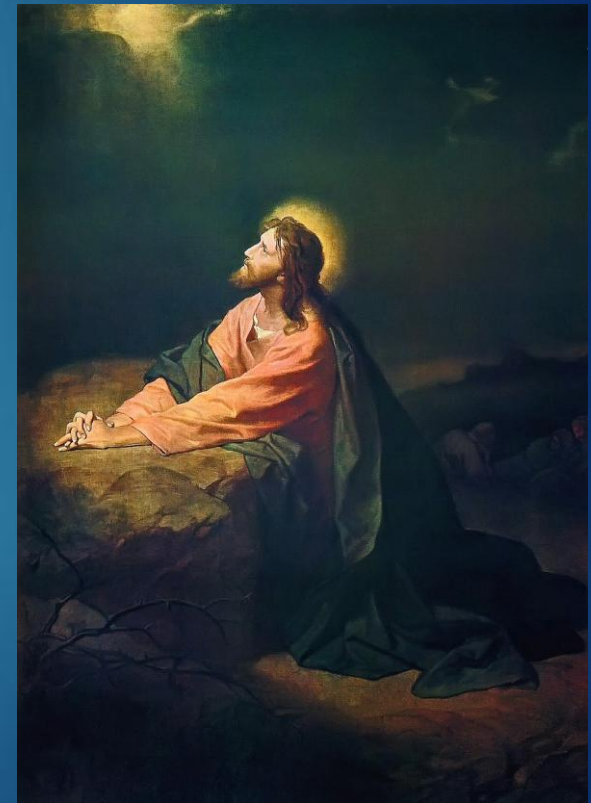
Comforting a Distressed Heart

Introduction

- ▶ “Therefore **comfort each other** and edify one another, just as you also are doing.” (1 Thes. 5:11)
- ▶ “Now we exhort you, brethren, warn those who are unruly, **comfort the fainthearted**, uphold the weak, be patient with all.” (1 Thes. 5:14)
- ▶ How do I help comfort those who are distressed?

1. Listen

- ▶ “Indeed I waited for your words, I listened to your reasoning, while you searched out what to say.” (Job 32:11)
- ▶ Take them seriously
- ▶ Listening requires some silence
- ▶ Ex: The Lord Jesus in Gethsemane
- ▶ “Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.’” (Matt. 26:38)



2. Be sensitive to a person's trial or grief

- ▶ “Bear one another's burdens, and so fulfill the law of Christ.” (Gal. 6:2)
- ▶ Beware: The right words may be hurtful at the wrong time

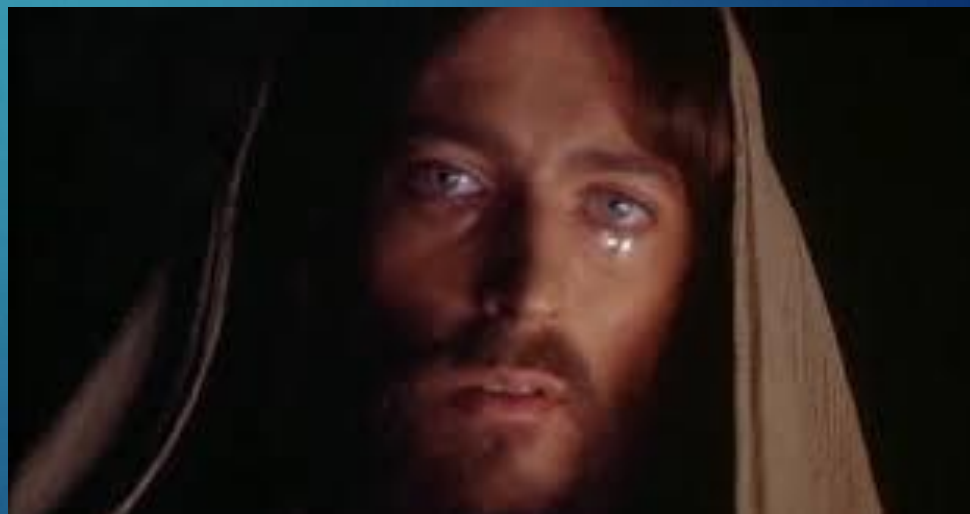
3. Discover the true source of grief or burden

- ▶ What is the source of their grief or burden?
- ▶ Paralytic at pool of Bethesda
- ▶ “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.” (Jn. 5:7)
- ▶ “Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.” (Jn. 5:14)



4. Remain Composed

- ▶ Jesus wept. Then the Jews said, “See how He loved him!” (Jn. 11:35-36)



5. Set aside trivial matters

- ▶ The Lord Christ with the Samaritan woman
- ▶ “'How is it that You, being a Jew, ask a drink from me, a Samaritan woman?' For Jews have no dealings with Samaritans.” (Jn. 4:9)



6. Instill Hope

- ▶ “I will answer you, For God is greater than man. Why do you contend with Him? For He does not give an accounting of any of His words. For God may speak in one way, or in another, Yet man does not perceive it.” (Job 33:12-14)
- ▶ “For God may speak in one way, or in another, Yet man does not perceive it. In a dream, in a vision of the night, When deep sleep falls upon men, While slumbering on their beds, Then He opens the ears of men, And seals their instruction.” (Job 33:14-16)

Summary

- ▶ How to comfort someone who is burdened?
 1. Listen
 2. Be sensitive to a person's trial or grief
 3. Discover the true source of grief or burden
 4. Be emotionally balanced
 5. Set aside trivial matters
 6. Instill hope